<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td><strong>Family of 3 or 4, Vegan</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Lunch</strong></td>
<td><strong>Dinner</strong></td>
<td><strong>Snack</strong></td>
<td><strong>Shopping List</strong></td>
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<tr>
<td><strong>Monday</strong></td>
<td>Vegan/BLW: Smashed Avocado on Toast</td>
<td>Vegan/BLW: Peanut Butter Wraps with quartered grapes</td>
<td>Vegan/BLW: Lentil Cottage Pie (DB*) with slices of pear</td>
<td>Vegan/BLW: Healthy Prune Cookies</td>
<td>19 bananas</td>
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<tr>
<td><strong>Tuesday</strong></td>
<td>Vegan/FT: Banana Muffins with quartered grapes</td>
<td>Vegan/BLW: Healing Butternut and Ginger Soup with toast triangles to dunk and slices of yellow pepper</td>
<td>Vegan/FT: Super Quick and Easy Tomato Pasta (DB*) with slices of apple</td>
<td>Leftover Lentil Cottage Pie</td>
<td>6 pears</td>
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<tr>
<td><strong>Wednesday</strong></td>
<td>Roast served with peanut butter and quartered grapes</td>
<td>Vegan/FT: Super Quick and Easy Tomato Pasta (DB*) with slices of apple</td>
<td>Leftover Healthy Prune Cookies</td>
<td>Leftover Healthy Prune Cookies</td>
<td>1 packet of grapes</td>
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<tr>
<td><strong>Thursday</strong></td>
<td>Leftover Banana Muffins with quartered grapes</td>
<td>Leftover Healing Butternut and Ginger Soup with toast triangles to dunk and slices of yellow pepper</td>
<td>Vegan/FT: Cauliflower and Bean Curry (DB*) with rice and slices of banana</td>
<td>Vegan/FT: Healthy Prune Cookies</td>
<td>3 apples</td>
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<tr>
<td><strong>Friday</strong></td>
<td>Vegan/BLW: Banana Toast (DB*) with quartered grapes</td>
<td>Vegan/BLW: Veggie Pesto Pasta (DB*) with slices of pear</td>
<td>Vegan/FT: Avocado Chocolate Mouse (if baby is over 12 months, otherwise you could serve slices of avocado and banana)</td>
<td>Vegan/FT: Carrot Biscuits</td>
<td>4 avocados</td>
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<tr>
<td><strong>Saturday</strong></td>
<td>Vegan/SC: Slow Cooked Porridge with Summer Berries</td>
<td>Vegan/FT: Homemade Baked Beans (DB*) served on jacket potatoes with quartered grapes</td>
<td>2kg of potatoes + 3 or 4 jacket potatoes depending on how many are in your family</td>
<td>Vegan/FT: Slow Cooked Porridge with Summer Berries</td>
<td>2 butternut squash</td>
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<tr>
<td><strong>Sunday</strong></td>
<td>Vegan: Jam Compote on Toast</td>
<td>Leftover Homemade Baked Beans on Toast with slices of yellow pepper</td>
<td>Vegan/BLW: Baked Pears with cinnamon</td>
<td>Vegan/BLW: Baked Pears with cinnamon</td>
<td>8 carrots</td>
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</tbody>
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*DB - Double batch

**Pantry items (you may already have):**
- Dates (check you have enough for 315g)
- Self-raising flour (check you have enough for 220g)
- Coconut or brown sugar
- Baking powder
- Cocoa powder
- Chia seeds
- Sesame oil
- Vegetable oil
- Olive oil
- Peanut butter (large jar probably required)
- 100% vegan red wine (optional)
- Ginger puree
- Maple syrup (check you have enough for at least 10 tablespoons)
- Soya sauce
- Vegan pestos (homemade or purchased)
- English mustard
- Date syrup (or use maple syrup)
- Ground cinnamon
- Dried mixed herbs
- Garlic salt
- Curry paste or curry powder
- 5 cubes of vegetable stock
- Red lentils (check you have enough for 250g)
- Dry noodles
- Dried pasta (check you have enough for 1.3kg)
- Rice
- 6x 400g tins of haricot beans
- 2x 400g tins of chopped tomatoes
- Tomato puree or paste
- Passata (check you have enough for 2.85litres)
- 4 dried prunes
- Frozen summer berries (check you have enough for 225g)
- 120g frozen peas